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INFLUENCE OF PSYCHOPATHIC QUALITIES OF PARENTS ON MENTAL DISORDERS IN CHILDREN

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Askarova Nargiza Abdivaliyevna

Doctor of Philosophy in Psychology, Lecturer at the Department of Pedagogy and Psychology of the Tashkent Medical Academy, Uzbekistan

ABSTRACT

The ability of a newborn to quickly adapt to the demands of parents leads to the fact that the child's needs for love, respect, responsiveness, understanding, participation, and sympathy are often repressed into the unconscious. The same can be said about emotional reactions to situations fraught with grave consequences, in which the child is deprived of something vital. As a result, a person, both in childhood and adulthood, is deprived of many emotional experiences such as jealousy, anger, envy, feelings of loneliness and helplessness, and fear.

KEYWORDS

Mental health, children, parents, psychopathy, disorders, psychoanalysis, neurobiology, antisocial disorders.

INTRODUCTION

The main indisputable characteristic of personality is self-awareness, separation from the surrounding world. In this sense, we say that a baby is certainly a unique individual, but still not a personality. But already at 2.5-3 years old, a child begins to be aware of himself, to distinguish his feelings, to evaluate his behavior. And

this property rapidly develops in preschool and school age. The child forms ideas about the world and himself. This happens in mandatory interaction with other people, primarily with parents. Therefore, the child's future largely depends on how seriously, respectfully, and truly parents treat the personality of their child.



Raising a child is a part of life, and without mistakes it is inevitable. Moreover, as you know, none of us are taught to be parents. However, there are such parental mistakes that determine the child's life and development for many years. Mistakes that children, having grown up, continue to remember with pain and resentment towards their parents. Parents are constantly near their child, and it is no wonder that sometimes they do not have time to notice how he has changed. Maybe he is already able to do independently what others continue to do for him. Maybe he is already able to reason and make decisions, and you can rely on him in many ways. However, it can also be the other way around. We get ahead of events and it seems to us that the child is already old enough, we demand too much from him, we impose responsibility that he is not yet able to bear. The process of growing up, fortunately or unfortunately, happens on its own, beyond our control.

But another law of developmental psychology states: only a fully lived stage of life gives the opportunity to be successful in the next one. In other words, only if a child lives a full, fulfilling, real childhood, only then will he be able to become a real, successful and... happy adult. In the post-war years, during large-scale observations of children in boarding schools, one pattern was revealed. Children in boarding schools received absolutely everything necessary for life (food, treatment, clothing, etc.), but had absolutely no

emotional communication with adults. As a result, many of them developed serious health problems, intellectual and social development disorders. Emotions are an important part of any human relationship, be it business or personal. And, of course, there is always an emotional component in the relationship between a parent and a child to one degree or another.

Joy, anger, pain, tenderness, resentment - any emotions "color" communication, making it something more than just an exchange of information. In emotional communication, we learn to understand ourselves and other people, we learn to empathize and understand the feelings of our interlocutors. Finally, we perceive and remember emotionally colored information better. For a child, emotional contact with parents and close adults is of particular importance. There is no particular point in proving this statement; it can be considered an axiom. Although the experiment described in the example left no doubt at all. Nevertheless, sometimes parents "cross out" emotions from their relationships with their child, doing this more or less consciously and for a variety of reasons.

Often, the stereotype that parents brought from their mom and dad comes into play, when it is believed that expressing warm feelings for each other is something not quite decent, and simply "not accepted". This is not necessarily a variant of some



kind of family trouble. After all, it may be similarly not accepted to express negative feelings for each other. It is simply a family model where restraint becomes one of the main virtues. Politeness and goodwill may reign in it, but communication will be quite formal. Such coldness is due to the personal characteristics of the parents themselves. First of all, the type of temperament. A phlegmatic mom or dad is withdrawn, reserved in themselves and do not experience violent emotions. Accordingly, they do not need special manifestations of love and may not give this to their children (“I do not like these calf-like tenderness!”).

Having grown up a little, the children of such unemotional parents usually understand that this is not a lack of love. Grown-up children who resented their mother/father for the lack of warmth in childhood should realize that this could be connected with serious problems in themselves. Various psychological traumas can lead to a person avoiding any contact with other people, especially physical contact. It is worth mentioning affection separately. There is an opinion that a child really needs physical contact with his mother. Someone even calculated how many hugs and kisses a child needs per day. Perhaps, this rule is absolutely true only for children under one year of age. Babies who do not yet separate themselves from their mothers really do need physical contact. Older children may express this need very individually: some still need a lot of touching, some need to hear warm words, and

some need to see their mother or father smile more often. Therefore, first of all, we are talking about emotional contact.

Everything else is just a way to maintain it. Sometimes parents explain their lack of communication with their child by their own busyness. This can be heard especially often from fathers. More often than not, there are other, internal reasons behind this. The same lack of confidence in oneself as a parent, isolation, and others, which were discussed above. It is very important to remember that a child needs emotional communication with parents (and especially with mother) as a way to feel safe, as a way to form a stable positive self-attitude (“if they show me love, then I am worthy of it, I am good”). In addition, this is necessary for the development of personality: the interest of a close adult in the child's emotions helps to realize and feel their value. This is also the path to developing empathy, that is, the ability to sympathize with another, to share feelings and thoughts with another person.

If a child does not receive enough expressions of love, he or she may try to earn it with all their might, and if they fail, on the contrary, they may provoke irritation or fear for their life. In order not to see indifference towards themselves, the child will constantly strive to confirm their importance in the lives of their parents. What happens to a child who receives the message “Don’t feel this” from a parent? Yes, they will suppress



“wrong” emotions, which in the future will lead to the inability to “hear themselves” and adequately assess the states of other people. But what’s more, this is the beginning of the development of an inferiority complex: “Parents are not angry, it’s not good to be angry, but if I’m angry, it means I’m somehow bad, wrong, unworthy...”. These prohibitions on certain feelings are not always heard out loud. Hidden messages about the inadmissibility of love for one of the family members are very common in conflict families and in families after the parents’ divorce.

Parents' words generally have much more significance in a child's fate than parents would like. Therefore, they should be handled very carefully. It is very important for a child to distinguish between the attitude towards him and his behavior. The child's actions, deeds, words may not please, make him angry. But the child himself must be loved, this is important. So, not "I don't love you when you do this", but "I don't like it when you do this". In the eyes of an adult, the difference in wording is almost imperceptible, in the eyes of a child it is enormous. Unconditional love, love without any conditions, gives a child a vital sense of security. This is the rear that a child feels behind his back throughout his life. Parental love that a child needs like air. And also about sincerity in relationships with a child, no matter how old he is, about openness, readiness to accept and understand another person with all his emotions, problems, doubts. It is not easy

to do this under the weight of your own problems, affairs, habits and feelings.

But you can strive for this. Thus, it is not easy for a child to express his own feelings. This creates an inseparable connection with parents, in the presence of which it is impossible to autonomize your inner world. After all, the imaginary I of the child allows parents to gain the sense of self-confidence that they so lack, and the child, in turn, first consciously, and then unconsciously makes himself completely dependent on his parents. He cannot rely on his own feelings, he has never gained the necessary experience, does not know his true needs and is extremely alien to himself. In this situation, he cannot internally separate from his parents and in adulthood turns out to be dependent on people who replace his parents. These people can be partners, comrades and, above all, his own children. Inherited memories, repressed into the unconscious, force him to hide his true self from himself as carefully as possible. As a result, the feeling of loneliness experienced in childhood in the parental home and not given a proper outlet leads to the isolation of a person from himself. No matter how insignificant the reasons may seem, no matter how inappropriate the feelings may seem, the child has the right to be taken seriously by those closest to him.

By devaluing emotions, we devalue the child's personality itself. Parental interest in the child's everyday life is very important: Not only in his school



grades and bad behavior, but in all his little joys and sorrows, so insignificant at first glance. The main thing is the willingness to understand your child, even if he is different from you, to help him in his ideas and hobbies and support them, even if they do not seem the most promising, and finally, to change your vision of the child following how he changes himself. Doing this consciously or not, but behind the wall of their own expectations and ideas, parents often do not notice a little person, special and unique from birth. But you just need to open your eyes to this uniqueness, and see how interesting it will be to communicate with your own child. You will not just educate and teach - you will open up a whole world of real, living interaction between two people, with all its joys and sorrows. Your child will have a chance to live his own life - a real one.

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